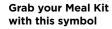
# **Cheat's Moroccan Lamb Tagine**

with Mint Couscous & Yoghurt









**Brown Onion** 







**Baby Spinach** 

Slivered Almonds





**Lamb Mince** 

**Tomato Paste** 







Ras El Hanout

**Mango Chutney** 





**Beef Stock** 

Couscous



Hands-on: 25-35 mins Ready in: 30-40 mins

Take a little bit of ras el hanout spice, some flavoursome lamb mince and a dash of mango chutney for sweetness, and what have you got? Why, it's the perfect recipe for a delicious cheat's Moroccan lamb tagine!

**Pantry items** Olive Oil, White Wine Vinegar

## **Before you start**

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan · Medium saucepan with a lid

### **Ingredients**

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
slivered almonds	1 packet	2 packets
lamb mince	1 packet	1 packet
tomato paste	1 packet	2 packets
ras el hanout	¾ sachet	3 sachets
mango chutney	1 packet (50g)	1 packet (100g)
water* (for the sauce)	½ cup	1 cup
beef stock	¾ sachet	1½ sachets
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	2 packets
tomato	1	2
white wine vinegar*	½ tsp	1 tsp
yoghurt	1 small packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2790kJ (666Cal)	<b>486kJ</b> (116Cal)
Protein (g)	43.3g	7.6g
Fat, total (g)	21.6g	3.8g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	68.5g	11.9g
- sugars (g)	24.4g	4.3g
Sodium (mg)	1170mg	205mg

#### **Allergens**

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Finely chop the brown onion. Finely chop the garlic (or use a garlic press). Pick and roughly chop the **mint** leaves. Grate the **carrot** (unpeeled). Roughly chop the baby spinach leaves.



## 2. Cook the lamb

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the pan to a medium-high heat with a drizzle of olive oil. Add the onion and cook, stirring, until softened, 4-5 minutes. Add the lamb mince and cook, breaking up with a spoon, until browned, 4-5 minutes.



### 3. Simmer the sauce

Add the garlic, tomato paste, ras el hanout (see ingredients list) and mango chutney to the lamb and cook, stirring, until fragrant, 2 minutes. Add the water (for the sauce) and beef stock (1/4 sachet for 2 people / 1/2 sachet for 4 people). Stir, then reduce the heat to medium and simmer until thickened slightly, 10 minutes. Season to taste.

**TIP:** Add a splash more water if the mixture is too thick!



### 4. Cook the couscous

While the sauce is simmering, add the water (for the couscous) and remaining beef stock (1/2 sachet for 2 people / 1 sachet for 4 people) to a medium saucepan and bring to the boil. Add the couscous and a drizzle of olive oil. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water has absorbed, 5 minutes. Fluff up with a fork. Stir the baby spinach and 1/2 the mint through the couscous.



## 5. Dress the tomato

While the couscous is cooking, roughly chop the tomato. In a medium bowl, add the tomato, remaining mint, the white wine vinegar, a drizzle of olive oil and a pinch of salt and pepper. Stir to combine.



# 6. Serve up

Divide the mint couscous between bowls and top with the cheat's Moroccan lamb tagine and dressed tomato. Sprinkle with the toasted almonds and dollop over the yoghurt.

# **Enjoy!**